



Athletes
PERFORMANCE



Pillar Preparation:
**Priming your body to
perform**

*Navy Operational
Fitness & Fueling Series
Athletes' Performance*



Traditional Approach Training the “Core”





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Pillar Strength

Redefining the “Core”

Pillar Strength



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Q: What is the Pillar?

Shoulders

Torso

Hips



Pillar Strength

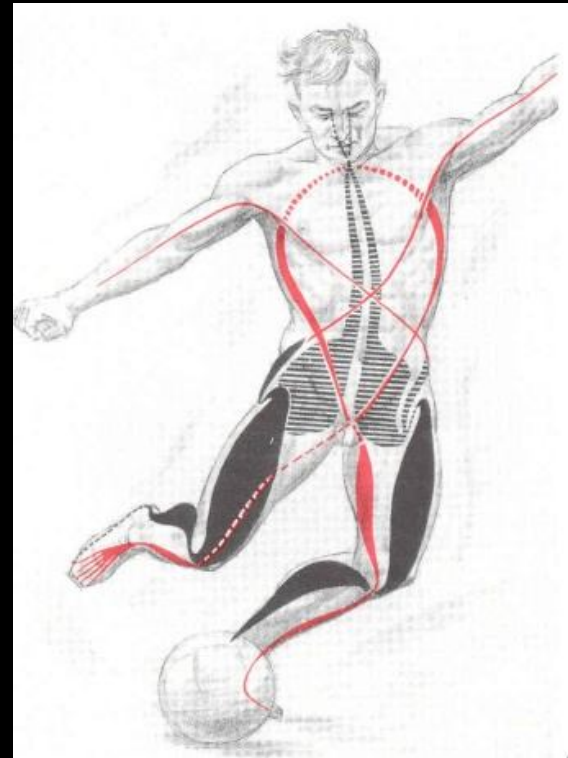


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Q: Why is the Pillar so important?

- At the center of **ALL MOVEMENT!**
- Transfers energy through it
- Generates energy from it

*If it lacks stability & mobility
inefficient movement and
energy leaks are the result!*





Kinetic Linking Principals

1.) Energy is transferred proximal to distal

- If this sequence is ignored and energy is created distal to proximal higher stress on body's segments

2.) Energy must be conserved in the system

- Efficient movement allows for the transfer of energy through or from the pillar
- Energy leaks cause...
 - Increased force on tissue or skeleton
 - Higher chance of injury!

Kinetic Linking



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Example: Golf Swing



Kinetic Linking



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Kinetic Linking



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Example: Multidirectional Movement (Good Kinetic Linking)



Kinetic Linking



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Example: Multidirectional Movement (Poor Kinetic Linking)



Kinetic Linking



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Energy Leak at the Hip



Cincinnati Children's Hospital Sports Medicine Biodynamics Center

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Kinetic Linking



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Energy Leak at the Torso



Kinetic Linking



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Energy Leak at the Shoulder



Operational Application



Pillar Strength is a critical training component for all Sailors to ensure...

- _Increased durability
- _Peak Performance is achieved

Q: How would energy leaks affect these Sailors?



Program Design



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Q: Where does Pillar Strength fit in my session layout and why?

- Activate critical musculature
- Target isolated mobility limitations
- Focus on individual compensation
- Setting the foundation to build on during the session

Session Layout

Pillar Strength

Movement Prep
Strength

Cardiovascular Fitness
Recovery

Program Design

Q: Is my program balanced?



Hips



Torso



Shoulders

Pillar Strength Review



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- _Pillar (hips/torso/shoulders)
- _Foundation for all movement
- _Poor Pillar = Compensations/Energy Leaks
- _Strong Pillar = Efficient movement/kinetic linking
 - Decrease aches, pain, and injury
 - Increase performance



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Thank You.